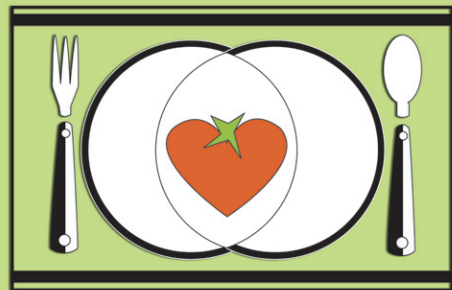


# EAT TOGETHER!!

[www.hood-meddac.army.mil/promo/april/](http://www.hood-meddac.army.mil/promo/april/)



## FAMILIES THAT **EAT TOGETHER** ACHIEVE TOGETHER...

RECENT STUDIES SHOW GREAT BENEFITS  
YOUNG PEOPLE THAT SHARE FAMILY  
MEALS TOGETHER:



HIGHER ACADEMIC  
ACHIEVEMENT



HIGHER  
SELF ESTEEM



LOWER RISK OF  
SUBSTANCE ABUSE  
& DEPRESSION

AND MUCH MUCH MORE....

Darnall Army Community Hospital  
Nutrition Care Department



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2005